AMENDMENTS TO THE SPECIFICATION:

Please amend the paragraph beginning at page 5, line 18, as follows:

Where light weight is desired, the core may include lightweight forms as described in WO 01/32414. Preferably, the forms are made of fire-resistant materials as described in Copending-British patent application 0306195.9 filed 18 March 2003GB 2 399 538. Particular advantages can be achieved with forms made of non-tessellating shapes as described in British patent application no 0326608.7 (Agent's ref N90171)publication GB 2 408 015 entitled "IMPROVED STRUCTURAL SANDWICH PLATE MEMBERS WITH FORMS" filed 14 November 2003. As described therein, the forms may be made of hard materials to increase ballistics resistance and fragment capture. These documents are incorporated herein in their entirety by reference.